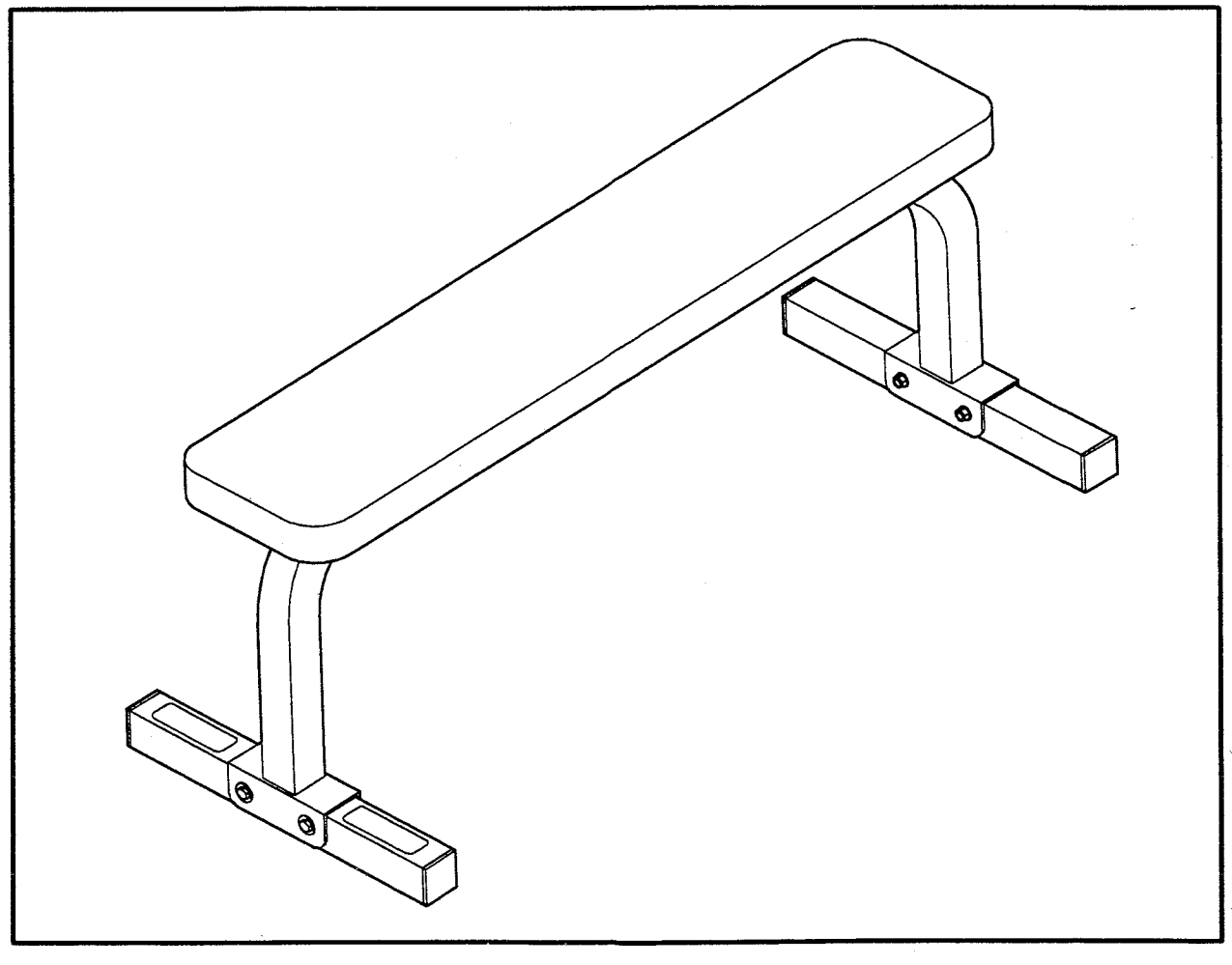
PARABODY

Strength Building Gear

828 Taiwan

FLAT BENCH



PRODUCT ASSEMBLY INSTRUCTIONS SHEETS

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

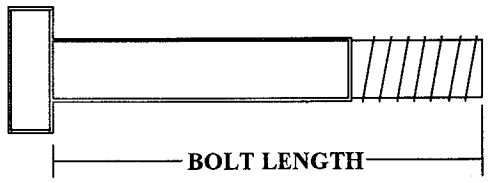
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3 IN. BOLT	6
2.	3/8 IN. WASHER	10
3.	3/8 IN. LOCK WASHER	2
4.	3/8 IN. LOCK NUT	4

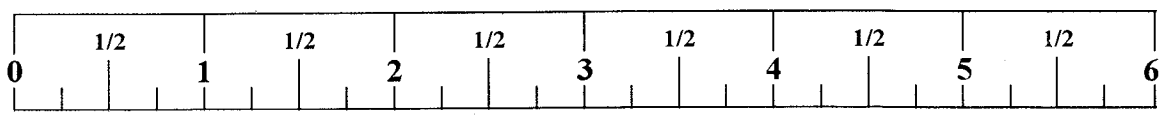
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	BENCH FRAME	(6427403)	1
2.	BASE TUBE	(6236503)	2
	2 IN. SQ. END CAP		4
3.	PAD	(6453401)	1

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



828 FLAT BENCH ASSEMBLY INSTRUCTIONS

THANK YOU

FOR PURCHASING THE *828 FLAT BENCH*. PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

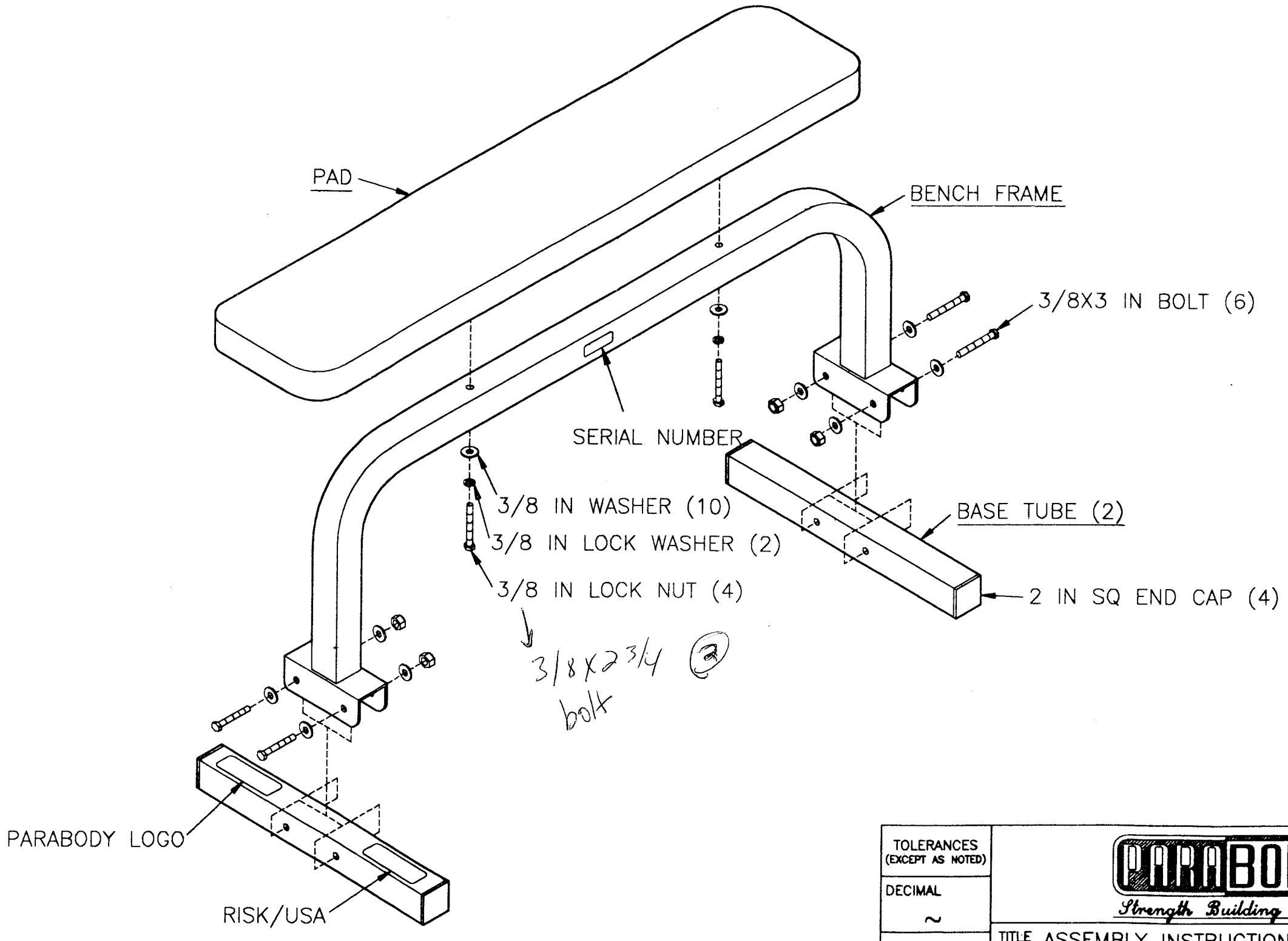
- **IF YOU EXPERIENCE ANY PROBLEM WITH THE ASSEMBLY OF THIS PRODUCT, PLEASE CONTACT YOUR DEALER OR YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT: 1-800-328-9714**
- **TOOLS REQUIRED: RATCHET, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER MALLET or HAMMER**

1. SECURELY assemble the BASE LEGS to the BENCH FRAME as shown on drawing using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, and four (4) 3/8 IN. LOCK NUTS.

2. SECURELY assemble the PAD to the top of the BENCH FRAME as shown on drawing using two (2) 3/8 X 3 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS.

DASH NO	DESCRIPTION
01	AS SHOWN

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE			



TOLERANCES (EXCEPT AS NOTED)	PARABODY Strength Building Years			
DECIMAL ~	TITLE ASSEMBLY INSTRUCTIONS			
FRACTIONAL ±1/16	SCALE NONE	SIZE B	DRAWING NO. 828 FLAT BENCH	
ANGULAR ±1°	SHEET 1 OF 1			
	DR Kelly	CHK'D	APP'D	